



# SCANA

**Special points of interest:**

***SCANA's  
Annual Bonfire  
October 14th***

@ Hoosier Row  
Community Center  
16 miles South of Army  
Post Rd on SW 9th.  
Activities all day long  
Scana Area Policy Re-  
view @ 10:00 a.m.  
H&I Learning Day  
@ 1:00 pm  
Bonfire Meeting @  
7p.m.



**Marshalltown**

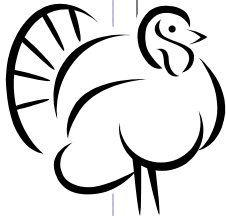
**Turkey Fry**

The turkey fry will be on  
Nov 11th at Central  
Christian Church on the  
corner of 3rd St. and  
Main—Marshalltown, IA.

We will have a phone line  
workshop at 10 am.

Dinner will be at 5 with speaker and  
dance to follow.

***Come have A Gobble of Fun.***



**Regional Events:**

Learning Day is Sept. 16th in  
Mason City.

Region is November 18th  
110 E. Main Street Hills,  
Iowa City, IA. 52235

Sub committee meets -  
@ 10:00 a.m.

Lunch @ 12:00

Open Forum @ 1:00 p.m. &  
Regional Meeting @ 2:00 p.m.



**Scana Unity Convention ~ It's coming soon!**

(Convention Article pg. 3 and Convention registration and details pg. 5 & 6)

## Being Part of a Convention

Hello Family!

I'm a recovering addict. This far in 2006, I have had the honor  
to be a part of two different conventions.

What does a convention mean to me?

**3 = R's**

**Recovery**

**Rejuvenation**

**And Relaxation**

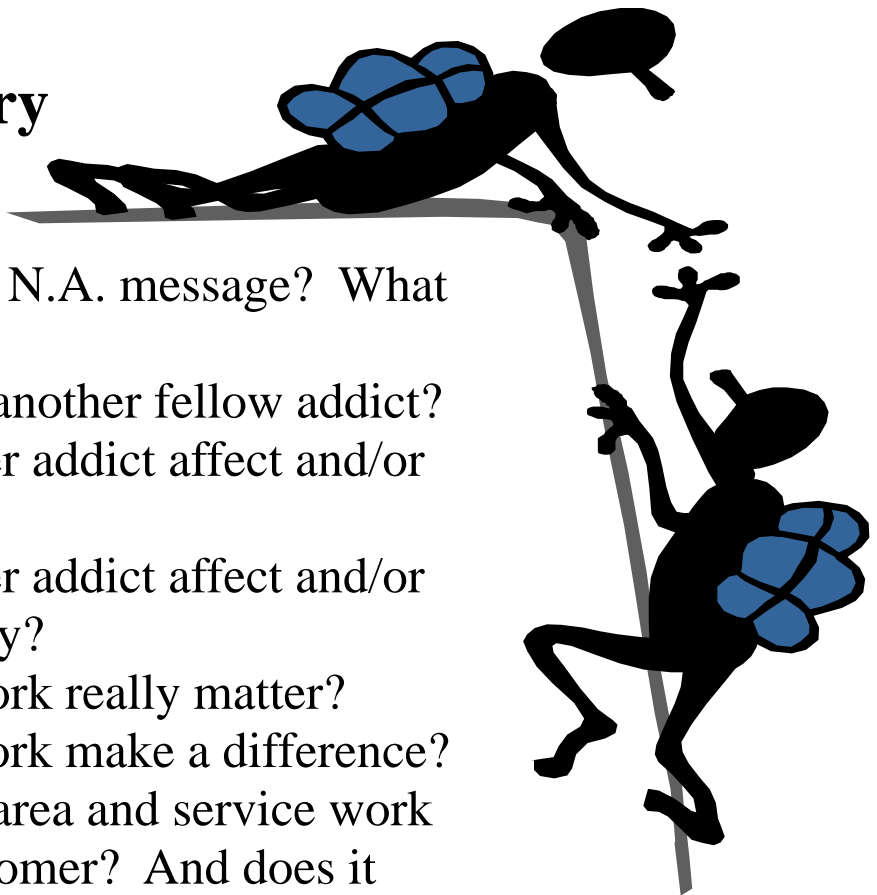
The unity and unconditional love that I experienced and saw  
among the group truly identified "Unity" to me. There may have been  
several different clusters of recovering addicts—but we were all  
drawn together as a body of one through out this time of celebra-  
tion.

I do sincerely pray that our convention will  
bring back to life the true meaning of "Unity" in the  
SCANA AREA.



# Questions of Recovery

- \* What do I really know?
- \* Do I truly understand the N.A. message? What it means?
- \* Do I understand helping another fellow addict?
- \* How does helping another addict affect and/or help my recovery?
- \* How does helping another addict affect and/or help that addict's recovery?
- \* Did any of my service work really matter?
- \* Did any of my service work make a difference?
- \* How does sharing about area and service work come across to the new comer? And does it send a positive message?
- \* Do I practice principals before personalities or the other way around?
- \* Have I become complacent? If so, how did I get that way?
- \* Do I really try to reach out and connect to the fellowship?
- \* What does my recovery mean to me?



**We're on the Web!**

**Southcentralareaofna.org**

**N.A. Helpline: 515-244-2277**

**Marshalltown Helpline 641-485-6272**

# SCANA UNITY CONVENTION READY TO GO ~ WITH ALL-STAR PROGRAM

Starting over a year ago a small and dedicated group of local addicts began to circulate the concept of having a area convention. A convention sub-committee was formed and at the 2005 SCANA budget review area trusted servants recognized this and allocated a monthly budget.

Since then, this group has secured a hotel, developed a program, lined up speakers for the workshops from around the state and beyond, held raffles and a silent auction, and sold merchandise.

Next month, (October) all this hard work will conclude with the SCANA Unity Convention.

The Unity convention will be on October 6, 7, and 8th at The Quality Inn Suites, 929 3rd St.,

Des Moines, Iowa.

The Unity Convention will be focusing on Steps One through Three and Traditions One through Three. Additionally, we will discuss Step Ten through Twelve.

There will be a Masquerade Dance Saturday night. The main speaker for Saturday Night is Francis K., from Florida. Kick-Off Meeting is on Friday night at 7 p.m., followed by a POOL PARTY, with sandwiches and chips in the hospitality room.

There is still much to do. 1. Plan to attend. Twenty dollars is great deal to get a full weekend of recovery. Better yet, Attend and volunteer to help out. Get a hold of someone on the convention sub-committee. Get regis-

tered—there are registration forms on all recent newsletters. Broke and new to NA, there is newcomer fund to get you through the door. Check with your sponsor. No sponsor, get one and get to the convention. 2. Buy some of the meals. It helps the convention. Every member of SCANA needs to help make this a success. 3. There is some great looking merchandise T-shirts, coffee cups etc, for sale at very reasonable prices. Buy some and look cool at the convention and meetings around the area.

This will a great opportunity for fellowship and to expand your understanding of the NA programs related by addicts with quality clean time. One addict helping another. Give your support. See you there. \*

## SCANA'S SEPTEMBER EVENT

80's Theme Dance ~ September 16, 2006

Grace Lutheran Church



3010 52nd St., Urbandale, Iowa

(52nd & Urbandale ave.)

\$5.00 Suggested Donation

No addict turned away due

to lack of funds.



History of N.A. Speaker Meeting at 7 p.m. ~ Jeff M (speaker)

Dance to follow

Food, Fun and Raffle.

Lots of Fellowship.



\*Last chance to bid at the Silent Auction for the Unity Convention items

### Getting Involved

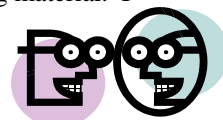
The SCASC Literature Committee and the staff of the Basic Newsletter encourage you to submit articles, poems, or drawings expressing your recovery experience, strength and hope for publication in subsequent issues of the Basic Newsletter. We do, however, request that you fill out the following release form for each contribution.

I, \_\_\_\_\_, give permission to the Basic Newsletter to print the accompanying material. I also give permission for the editing of syntax and offensive or "non-specific N.A. language." I am aware that content will not be edited. This release form is valid only for publication in the Basic Newsletter.

Signature \_\_\_\_\_

Date \_\_\_\_\_ Phone number: \_\_\_\_\_

Please deliver or mail to: Basic Newsletter to SCASO 3500 Kingman Blvd., Des Moines, IA 50311



**Dopeless  
Hope fiends**

# A Tribute To Loved Ones

So much to say, yet I don't know where to start  
Though my words are simple, they come from the heart

I've never been much of a poet,  
I don't write greeting cards or song  
So forgive me if this sounds stupid,  
or runs on for too long.

You came to us one day, broken down  
and at the end of your rope

We told you, "keep coming back," "this too shall  
pass,"

and "just for today," we gave you a reason to hope

That a better life you surely could find,  
here with others, just like you  
Who'd traveled the same road you had,  
walked through hell, but made it through.

We didn't make a lot of fancy promises,  
In fact, there is only one...

The promise of freedom from active addiction  
We got to know you as time passed; like family, you became  
Then one day you left and things weren't quite the same

Days went by, turned into weeks, yet we never gave up hope  
We prayed some day you'd come back home  
—leave behind "the life", the dope

Then tragedy struck, so hard to accept. How painful it is to see  
Your smiling face looking back from a newspaper obituary

Try though I might, I can't understand why  
For some addicts, to live, some others must die  
My comfort comes from others  
who have experienced this before  
"It'll be OK, the disease can't hurt them anymore"

And though hearing this makes me angry,  
I know that they are right  
And so I'm able to let go and write this tribute to you tonight  
Farewell my friend, you sweet smile I will surely miss  
I've never been good at goodbyes and so I tell you this  
You will always be loved, and though your body is gone  
Your soul and your spirit in my heart forever lives on.

## Gone in the Fellowship

### Why?

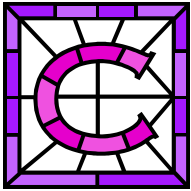
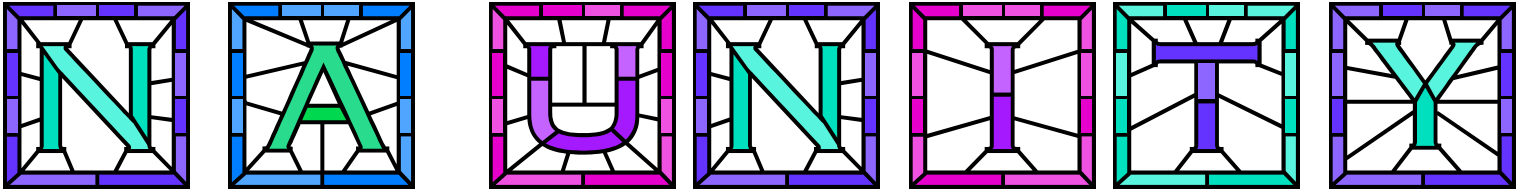
Our Friend just up and left us today  
Some say he did it in a selfish way.  
He had a moment of hopelessness  
When he suddenly decided to leave us.

The pain I feel has not gone away,  
Since he left us that late night one Friday.  
The answers may never come.  
To me, my friends or anyone.

The reason he took his life that day,  
And felt that there was no other way.  
The reasons he didn't reach out  
Leaves us questioning with doubt.

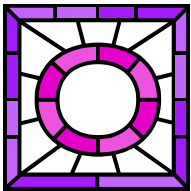
It's not for us to judge him  
We don't know why, how or when,  
That's decided on his final hour  
With his own Higher Power.



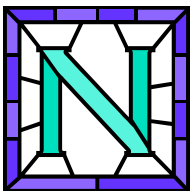
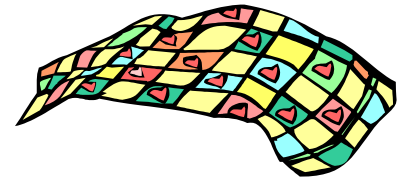


The Narcotics Anonymous Convention will be having a silent auction. Members have made wonderful pieces of art or donated special things for this event.

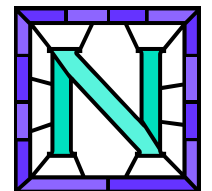
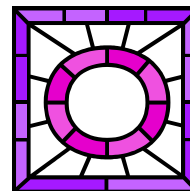
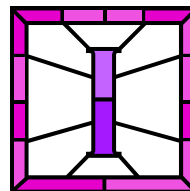
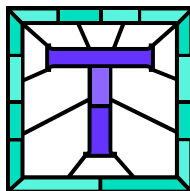
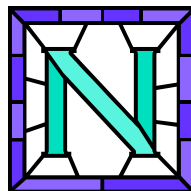
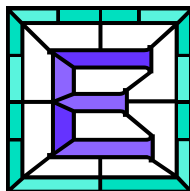
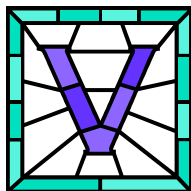
Some of the items that will be auctioned off will be:



- \*A hanging stained glass N.A. ornament.
- \*A home made quilt.
- \*A leather vest.
- \*An N.A. towel set.
- \*A 3rd edition Basic Text N.A. book.
- \*A Free registration which includes a banquet and shirt.
- \*A small N. A. shelf.



There will be other items too, not mentioned here. Come check it out and bid for your favorites.



## How Our Area Should Run

Sunday is often times a difficult and long day for addicts in our area. These are some of the reasons why: All sub-committees meet on this day, except for the Scana Unity Convention Subcommittee. If something bad happens during one of these meetings it is gossip that spreads like wildfire. In our area meeting issues are supposed to be discussed under Robert's Rules: the area chair is to take 3 pros, and 3 cons... this never happens. Our area is often bogged and slowed down by opinions of people who have more experience (supposedly). This usually takes about two hours, to get through it. It should take about 15 minutes, then we can throw in personalities, which really ticks everybody off and can prolong dealing with the issues at hand. We need to find a better way. How about a solution, to the current way, to the way we do business now. I would suggest that sub-committees meet on a different day, this way we could eliminate most of the gossip, opinions, and b.s., that goes on now. When our Area meets, the only one's attending, should be area officers, sub-committee chairs, group service representatives, and their alternates. This would eliminate most of the opinions, not all of them, but most. This way, we would truly give people trusted servants the ability to grow through a trial and error basis.

With the changes that have been going on in our Area office, we must learn, by the example that if we are to grow we must change, instead of acting as if nothing is wrong with the way we do business now. We are not trailer trash, nor a little brother to the other fellowship, and we must act accordingly. Our changes can give us an even better future. As our Fellowship grows, change is one way we can help. \*One addicts thoughts.

# Scana Area Unity Convention I of Narcotics Anonymous

**When:** October 6th, 7th, and 8th, 2006      **Where:** Des Moines, Iowa 50309

**Location:** Quality Inn Suites, 929 3rd St., (Hotel is located off I-235, 3rd St. exit.)

**Phone:** (515) 282-5251 (Mention the NA Convention when making reservations. All rooms are doubles and cost \$86.84 tax included.)

**What:** Also there will be workshops, a speaker, a marathon meeting, beach ball meeting, banquet, dj dance, pool party, and lots of good old fashioned NA fellowship, unity and fun!

## REGISTRATION FOR SCANA CONVENTION

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

**EARLY BIRD (BEFORE 9/1/06)**      **\$15 PER PERSON**      **QTY** \_\_\_\_\_

**AFTER 9/1/06**      **\$20 PER PERSON**      **QTY** \_\_\_\_\_

**SATURDAY NIGHT BUFFET**      **\$25 PER PERSON**      **QTY** \_\_\_\_\_

**SUNDAY MORNING BRUNCH**      **\$10 PER PERSON**      **QTY** \_\_\_\_\_

**NEWCOMER FUND** \_\_\_\_\_

**Please make checks payable to :**      **TOTAL** \_\_\_\_\_

**Mailing Address:** SCANA CONVENTION ~ P.O. Box.743, Des Moines, Iowa 50303-0743

### Gift Items

**Long Sleeve T-Shirts** \$15 SM\_\_MED\_\_  
LRG\_\_XL\_\_XXL\_\_

**Short Sleeve T-Shirts** \$12 SM\_\_MED\_\_  
LRG\_\_XL\_\_XXL\_\_

**2X and larger** are an additional \$2.00 and need  
to be preordered  
**(Long and short) (Available up to 5X)**

**Coffee Cups** \$8 QTY \_\_\_\_

**Note:** All items are in limited quantity, so order  
early to make sure you get yours.

### DID YOU KNOW

Your registration helps to pay convention costs like meeting and workshop space, speaker, travel costs, flyers, mailings, d.j.'s, registration packets, decorations, entertainment, and much more.

#### Newcomer fund

The number of newcomer registrations given out will correspond to the number of donations that are received. Newcomer registrations are reserved for the newcomers with less than 90 days clean time who cannot afford the price of a registration packet and will be asked to give what they can to the newcomer fund. Registrations will be given on a "first come-first serve" basis.